At the Osher Lifelong Learning Institute at Cal Poly Humboldt (OLLI at Humboldt), everyone benefits from lifelong learning. Our vision is to create opportunities for academic engagement, civic involvement, personal growth, and fun. By offering a myriad of classes and experiences for a vibrant community of learners age 50 and better, OLLI delivers learning for a lifetime.

Members enjoy diverse year-round programs and

- **explore** opportunities to learn and connect with friends.
- **discover** new topics of interest or areas of enrichment.
- **enjoy** dynamic and engaging instructors in a relaxed and friendly atmosphere.
- **join** a thriving community of lifelong learners.

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We acknowledge that the land on which we offer educational opportunities is the traditional territory of the Wiyot peoples, who are the caretakers of this land in the past, present, and into the future. Please consider contributing to the Wiyot Tribe at honortax.org and/or to the Cal Poly Humboldt Native American Food Sovereignty Lab at hsu.link/foodsovereigntylab.

Cal Poly Humboldt is an AA/EO Employer.
Disability accommodation may be available.
Contact CEEGE: (707) 826-3731

Front cover photo: Entrance to Cal Poly Humboldt, with the Student Business Services Building in the back ground. Photo by Kellie Jo Brown.

Back cover photo: Red panda at the Sequoia Park Zoo. Photo courtesy of the Sequoia Park Zoo Foundation.

Photo this page: Poppies in bloom outside the OLLI office, by Kim Laney. Photo on facing page: Surf fishing in the OLLI Back to Camp program, summer 2022, by Ray Olson.
Join or renew your membership!

Join a community of lifelong learners age 50 and better. Membership comes with several benefits.
Fees listed in this catalog are member prices.
Non-members pay an additional $25 per class.
See humboldt.edu/olli/member for details.

OLLI Annual Membership: $35 (July 1, 2022-June 30, 2023)

Join OLLI and help us reach the membership goal of 1,000 new or renewing members.
Invite a friend, family member, or colleague!

humboldt.edu/olli/join

Online and in-person classes

OLLI offers a robust blend of in-person and online classes. Please check the listing carefully for how the class will be delivered before you register. Once enrolled, check your email for confirmation and additional information about your class.

Online:
The class is delivered 100% online, in real time, via Zoom, a web-based video conferencing service. See page 18 for information about Zoom tutorials and video recordings.

In-Person:
A class that is held face-to-face in a university classroom or an off-campus instructional space, or a class that includes field trips. Safety precautions* apply.

*Safety Precautions: In an effort to be as COVID safe as possible when attending in-person classes, we are requesting all participants take a COVID test, regardless of vaccination status, before coming to class.
Form & Function: Exploring Tidal & River Channels
Mary Ann Madej, River Scientist
These two types of landscape features are common in Humboldt County, but how are they similar and how are they different? How are they formed and how do they change through time? What function do they serve in the ecosystem?

Wed., Oct. 5 • 1-4 p.m.
In-person: On campus/field trip
$35 • Class #: 43930

Planning for Sea Level Rise in the Humboldt Bay Region
Aldaron Laird, Environmental Planner, & Jerry Rohde, Historian & Author
Learn about sea level rise, projections and possible impacts to our area. We will start with a review of historical alterations to Humboldt Bay, lower Eel and Mad Rivers, then examine sea level rise vulnerability assessments prepared for our area, and discuss current sea level rise adaptation planning efforts.

Sat., Oct. 8 • 1-3 p.m. • Online
$25 • Class #: 43929

Einstein’s Relativity
Phil Lazzar, Enthusiast
Learn why Einstein’s theory of relativity revolutionized our understanding of space and time as well as mass and energy. While Einstein’s ideas are counter-intuitive, you can understand them!

Tues., Oct. 18-Nov. 1 • 3-4 p.m. • Online
$20 • Class #: 43966

Citizen Science & Nature Diaries
Group Leaders: Michele Olsen & Gisela Rohde
Explore nature and contribute to scientific research. Learn about public participation in data collection, finding projects, and reporting observations. Create a nature diary with sketches, measurements, charts, written descriptions, and even quotes and poetry.

This group meets quarterly in person.
Next meeting: Thurs., Nov. 10, 11 a.m.-1 p.m.
Humboldt Bay National Wildlife Refuge
$20 • Class #: 43807

Special Interest Group
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Humboldt Bay National Wildlife Refuge
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Sequoia Park Zoo: Then & Now
Christine Noel, Education Curator
Learn the 100-plus year history of Sequoia Park Zoo and the role of a modern zoo in the world of conservation. Catch up on current and upcoming projects at the Zoo, from the Redwood Sky Walk, the new Bear River habitat, and the Zoo’s role in the reintroduction of condors to the redwoods. Tour of the Zoo and Redwood Sky Walk included.
Fri., Nov. 4 • 10 a.m.-12 p.m.
In-person: Sequoia Park Zoo
$30 • Class #: 43931

Our Fractal World: Seeing the Complexity
Molly Cate, Humanitarian Educator
This course introduces fractal geometry, the first mathematics to effectively model complex natural systems. No math experience or even comfort necessary. We will manipulate concepts, not numbers.
Wed., Nov. 30-Dec. 14 • 10 a.m.-12 p.m. • Online
$45 • Class #: 43932

Intro to Permaculture & Regenerative Living
Steven Saint Thomas, Permaculturist
The world is way off course to meet carbon-emission reduction targets in the Paris Climate Agreement. “Permaculture” and “Regenerative Agriculture” are similar paths to making a course correction — and you can help!
Option 1: Sat., Oct. 15 • 10 a.m.-1 p.m.
In-person: Permaculture Learning Center
$35 • Class #: 43933
Option 2: Sat., Nov. 5 • 10 a.m.-1 p.m.
In-person: Permaculture Learning Center
$35 • Class #: 43934

Citizenship Heroes
Molly Cate, Humanitarian Educator
Meet an array of lesser-known heroes of American citizenship, people who challenged the power of privilege and helped build a more expansive, inclusive body politic.
Wed., Sept. 21-Oct. 5 • 10 a.m.-12 p.m. • Online
$45 • Class #: 43939
Sea Level Rise & Humboldt Bay Group

Group Leaders: Aldaron Laird & Jerry Rohde

Meet on the third Thursday of the month to explore potential changes to Humboldt Bay and discuss the implications of sea level rise. Meetings provide an excellent forum to learn about current sea level rise planning activities on Humboldt Bay.

Fall: Through Dec. 15  •  2-3:30 p.m.  •  Online
$25  •  Class #: 43817

Annual: Through June 15, 2023
$50  •  Class #: 43818

Sails, Rails, & Trails

Jerry Rohde, Ethnogeographer & Historian

Let’s look at how people and products were moved about early-day Humboldt County. We’ll look at shipping and shipwrecks, logging and common carrier rail lines, and pack trains that followed various trails on their way to the gold country.

Sat., Sept. 24  •  1-3 p.m.  •  Online
$20  •  Class #: 43936

The Eureka Plan

Katie Buesch, Historian

In 1885, Eureka was ground zero for a new mode of effectively removing an entire population of Chinese immigrants quickly. Learn about the origins of the 1885 Chinese Expulsion and the relatively unknown resistance to removal in this class, hosted by historian Katie Buesch of the Eureka Chinatown Project.

Sat., Oct. 1  •  10 a.m.-12 p.m.  •  Online
$20  •  Class #: 43968

Getting Started in Local History

Katie Buesch, Historian

Interested in local history but not sure where to start for research? Join local historian Katie Buesch in exploring Humboldt County’s outstanding local history organizations, and learn about the topics they specialize in. New online resources for researching local history will also be discussed.

Sat., Oct. 8  •  10 a.m.-12 p.m.  •  Online
$20  •  Class #: 43969
Experience Fall & History of the Headwaters Forest Reserve

Julie Clark, Park Ranger

Walk on the south side trail at Headwaters Forest, along the Elk River Trail. See the big leaf maple leaves fall while you hear the history of Headwaters, as well as the 50-year history of the lumber town Falk.

Wed., Oct. 12 • 10 a.m.-1 p.m.
In-person: Headwaters Forest Reserve
$10 • Class #: 43935

Women Who Inspire

Molly Cate, Humanitarian Educator

Meet some 20th century women of vision and courage, women of very different interests, and from several continents, whose lifework changed humanity for the better. Each one was a pebble, whose ripples are still being felt.

Wed., Nov. 2-16 • 10 a.m.-12 p.m. • Online
$45 • Class #: 43940

Sleeping Through Humboldt

Jerry Rohde, Historian & Sleeper

Travelers through Humboldt County spent about a third of their time asleep. We’ll look at the hotels, motels, resorts, and stopping places where they did it — from the baronial Benbow Inn, to the shipside Scandia Hotel, and to riverside Strong’s Station.

Sat., Oct. 22 • 1-3 p.m. • Online
$20 • Class #: 43937

The Armchair Traveler: Looking at the Lower Eel

Jerry Rohde, Time Traveler

We are all familiar with Ferndale and Fortuna, but what about Centerville, Port Kenyon, and Cannibal Island? We look at places both famous and forgotten, priming you to take your own tour of the most populated river valley in Humboldt County.

Sat., Dec. 3 • 1-3 p.m. • Online
$20 • Class #: 43938
Atmospheric Watercolors: Plein Air Painting
Paul Rickard, Artist
Get an introduction to the meditative art of landscape painting. The instructor will demonstrate the stages of creating an atmospheric watercolor painting and discuss composition, value, and color harmony. Then you’ll create your own painting.
Sat., Sept. 17 • 10 a.m.-4 p.m.
In-person: Trinidad State Beach
$70 • Class #: 43921

Making & Decorating a Small Box with Lid
Sandra Vrem, Paper & Book Artist
Construct a box with a lid using book board. Learn how to measure and cut the sides of the box and lid, and then glue them together to form a box. The box will then be covered inside and out with decorative paper. The lid will also be decorated, and a bead will be used as a handle.
Tues. & Thurs., Oct. 18 & 20 • 10 a.m-1 p.m.
In-person: Studio
$45 • Class #: 43923

Make Your Own Lace: Needle Tatting for Clothing, Home Decor, & Jewelry
Rima Greer, Fiber Artist
Use a needle and thread to create beautiful lace trim, fabric, and even jewelry! Easy for fiber enthusiasts of any age. You’ll learn all the basic stitching techniques, how to read a pattern, or create your own, and even add beads to your lace creations! And you’ll leave class with a lovely lace applique or pendant.
Fri., Sept. 23 • 2-5 p.m. • In-person: On campus
$30 • Class #: 43925

Ramses the Great, Gold of the Pharaohs, & Nefertari
Ron Johnson, Art Historian
This course is an introduction to the San Francisco De Young Museum exhibition “Rameses the Great & the Gold of the Pharaohs,” which runs through Feb. 12. It will also include the great tomb murals of his favorite wife, Nefertari, and the Tanis silver and gold works from these unrobbed tombs.
Tues., Sept. 27 • 1-3 p.m. • In-person: On campus
$25 • Class #: 43922
**Scribbling With a Purpose 1**

*Louise Bacon-Ogden, Artist*

With a tiny piece of paper, a pen and a pencil, each student will learn some basic lines and strokes to create lovely art. This is a wonderful meditative practice. The finished product can be used in many ways! Try it — it’s FUN!

Thurs., Sept. 22 • 10 a.m.-12 p.m. • Online
$25 • Class #: 43926

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**Scribbling With a Purpose 2**

*Louise Bacon-Ogden, Artist*

Go beyond Scribbling 1 with a variety of shapes and additional color. Taking Scribbling 1 is not required. More diversity and fun ways to create!

Thurs., Oct. 6 • 1-3 p.m. • Online
$25 • Class #: 43927

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**Ultra Scribbling**

*Louise Bacon-Ogden, Artist*

Kick start your creativity and have fun doing it! We will draw lines and circles and curly-Q’s, add flourishes, florals, shadowing, and gold to create lovely designs. It is easy and requires no previous experience. The finished pieces can even be matted and framed.

Thurs., Oct. 20 • 10 a.m.-12 p.m. • Online
$25 • Class #: 43928

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**A Year in the Artworld**

*Julie Alderson, Art Historian*

Using Matthew Israel’s book *A Year in the Artworld*, this class will provide a behind-the-scenes view of the world of contemporary art. From curators to conservators to art handlers, we’ll look at all the support mechanisms that help the artworld function today.

Tues., Oct. 4 & 11 • 4-6 p.m.
In-person: Septentrio Winery
$25 • Class #: 43965
Eco Art
Julie Alderson, Art Historian
Ecological art is a fascinating aspect of the contemporary art scene. This class will examine a wide range of “Eco Art” — from works that simply call attention to environmental issues, to those that function as actual remediation systems.

Tues., Oct. 18 • 1-3 p.m. • Online
$25 • Class #: 43924

If Life Gives You Lemons, Draw Them!
Louise Bacon-Ogden, Artist
Let’s experience different art mediums. The subject will be lemons. We will try graphite, colored pencil, and watercolor.

We will draw a single lemon: a sliced lemon with a wedge, and one whole lemon. We will look at shading and shadowing. With color mediums, we will do color blending.

Thurs., Nov. 3 • 10 a.m.-12 p.m. • Online
$25 • Class #: 43952

Torah for Beginners
Phil Lazzar, Enthusiast
Delve into the Torah, the Hebrew Scriptures, and take a deeper dive into what it is, and why it is important to study it. In the words of our sage Rabbi Hillel, “What is hateful to you, do not do to another, all the rest is commentary, now go and learn.”

Wed., Oct. 19-Nov. 2 • 3-4 p.m. • Online
$20 • Class #: 43972

Book Group
Group Leaders: Mike Zeppegno & Dan Chandler
This group meets on the third Wednesday of the month to discuss books from various genres. Monthly selections are listed on the OLLI website. All readers are welcome.

Fall: Through Dec. 21 • 5-7 p.m. • Online
$25 • Class #: 43809

Annual: Through June 21, 2023
$50 • Class #: 43808

SPECIAL INTEREST GROUP
Nature in Haiku: Summer
Mie Matsumoto, Instructor
Discover the inspiration that captured a moment in nature. Haiku is the Japanese short poem consisting of only three lines with a total of 17 syllables. In this class, Haiku in "Summer" theme by Japanese Haiku poets such as Basho will be selected and introduced. We will explore its beautiful poetic technique which may inspire you to travel in Japan, or perhaps write your own.

Tues., Sept. 27 • 10:30 a.m.-12:30 p.m. • Online
$30 • Class #: 43970

Nature in Haiku: Autumn
Mie Matsumoto, Instructor
Discover the inspiration that captured a moment in nature. Haiku is the Japanese short poem consisting of only three lines with a total of 17 syllables. In this class, Haiku in "Autumn" theme by Japanese Haiku poets such as Basho will be introduced. We will explore this beautiful poetic technique which may inspire you to travel in Japan, or perhaps write your own.

Wed., Nov. 16 • 12:30-2:30 p.m. • Online
$30 • Class #: 43971

Bob Dylan’s Lyrics as Literature
David Marshak, Fan
The Nobel Prize Committee in 2016 awarded the Prize in Literature to Bob Dylan “for having created new poetic expressions within the great American song tradition.” We will explore lyrics from every decade of Dylan’s career, and we will consider the ways in which Dylan's lyrics achieve literary status.

Tues., Oct. 11-25 • 1-3 p.m. • Online
$45 • Class #: 43988
SEPTEMBER 19
The Geologic Saga of the Humboldt Bay Nuclear Power Plant
Lori Dengler, Professor Emeritus, Cal Poly Humboldt
Trace the plant’s history, events and science that led to its permanent closure.

SEPTEMBER 26
Alzheimer’s Association International Conference Highlights
Claire Day & Kim Coelho, Alzheimer’s Association
Get an update on the research being conducted and hear about the highlights of the 2022 Alzheimer’s Association International Conference.

OCTOBER 3
Statewide Ballot Measures in November
League of Women Voters
The League of Women Voters of Humboldt County will present the “Pros and Cons” of the ballot measures on the November 8 ballot.

OCTOBER 10
Political Engagement Opportunities: Making Your Voice Heard
Caroline Griffith, Northcoast Environmental Center & Jane Woodward, Advocate
Get ideas to help you engage more deeply in local politics, whether you are introvert, extrovert, teacher, researcher, artist or observer.

OCTOBER 17
We Are Up: Building Community
Mary Keehn, Founder, We Are Up
We Are Up is building an integrated, inter-generational community for adults with and without disabilities that will offer secure housing, income opportunities, and mutual support systems. Residents will be connected to the community at large through a community center, farm-to-table food production, and conservation of open spaces.

OCTOBER 24
Solid Waste Matters: Green Waste & Organics
Peter Fuller, Humboldt Waste Management Authority
HWMA provides economical coordination of solid waste management services within the greater Humboldt service area. Learn about plans for handling green waste and organics and how Humboldt County will meet the methane emissions reduction targets by 2025.

OCTOBER 31
The U.S. & the Holocaust: The History & Current Implications
Amanda Devons, MSW
This presentation will focus on the documentary being aired Sept. 18-20 on PBS (KEET TV) and will provide a forum for discussion.

Brown Bag Lunch online presentations are sponsored by the Friends of OLLI.
NOVEMBER 7
The Transition to Life Plan Community Living: Voices of Experience
Ann Lindsay, MD, Life Plan Humboldt
Get an update on the Life Plan Humboldt and learn about the transition from a traditional home into a planned community.

NOVEMBER 14
Secret Lives of Eel River Fishes
Patrick Higgins, Eel River Recovery Project
Get underwater with Pat’s video and pictures as he explains the state of the Eel River’s aquatic health as reflected in its fish community, and the salmon and steelhead life histories and run trends. He’ll visit lesser known native fish like suckers, sculpin and stickleback, and non-native fish like the pikeminnow.

NOVEMBER 28
Lifestyle Habits for Extending Health & Lifespan
Sharon Ferrett, Writer & Author, & Jane Woodward, OLLI Instructor
Find out how to create healthy habits and stay motivated. Learn simple practices to increase balance, flexibility, muscle mass, and brainpower. Discover the power of breath, meditation and mindfulness. Add years and joy to your life, and life to your years.

DECEMBER 5
Local Climate Action Planning & Implementation
Michael Richardson, Humboldt County Planning Dept. Emily Benvie, Arcata Environmental Services Matthew Marshall, Redwood Coast Energy Authority
Local actions to reduce green house gas emissions and adapt to climate change require active and ongoing partnerships between residents, businesses, the cities and county, and many other agencies and organizations. Refinement and adoption of the Climate Action Plan (CAP) are important steps to be taken toward reducing the effects of climate change. Hear about our progress, and how you can engage.

DECEMBER 12
The Affordable Housing Challenge
Elizabeth Matsumoto, Director, Multifamily Development, Rural Communities Housing Development Corporation Chris Dart, President, Danco Communities
A discussion of the issues facing builders and advocates for building affordable housing in today’s housing crisis market, and how they are being creatively addressed, along with the impact of current state legislation specifically designed to incentivize such housing.

To get the Zoom online meeting link, please RSVP:

humboldt.edu/olli/brownbag

Many past presentation recordings are available at humboldt.edu/olli/brownbagarchive
Spanish for Travelers
Ellie Galvez-Hard, Multicultural Educator
Thinking of traveling to Spanish speaking places? Learn basic phrases and get conversational tools to avoid feeling lost. Learn about the different Spanish-speaking countries you want to visit, and share your future travel plans. A fun Spanish book is included for this class.
Tues., Nov. 8 & 15 • 2-4 p.m.
In-person: On campus
$40 • Class #: 44010

Spanish for Medical Professionals
Ellie Galvez-Hard, Multicultural Educator
This course will teach useful conversation skills for basic and intermediate level Spanish speakers. Learn to say basic phrases to communicate effectively. Course is ideal for doctors, nurses, caregivers, and other professional roles.
Tues., Nov. 29 (plus 2 additional meetings TBA) 6-8 p.m. • Online
$50 • Class #: 44011

Poetry in the Lyrics of Five More Women Singer-Songwriters
Bonnie Shand, Poet
Read and listen to the words of these songwriters as poetry: Buffy St. Marie, Patti Smith, Ferron, Rickie Lee Jones, and Rhiannon Giddens. We will discuss how their skill as writers has enhanced their fame as musicians and consider any differences between writing a song and a poem.
Thurs., Nov. 10 • 12:45-2:45 p.m.
In-person: On campus
$75 • Class #: 43941

Spanish for Travelers
Ellie Galvez-Hard, Multicultural Educator
Meeting online before live classical concerts to preview the music, share insights into the composers, and check out the musicians. Group meets on some Mondays and some Thursdays.
Fall: Through Nov. 28 • 6-7:30 p.m.
$15 • Class #: 43806
Annual: Through May 25, 2023
$35 • Class #: 43805

SPECIAL INTEREST GROUP
Live & Local: Eureka Symphony & the Eureka Chamber Music Series
Group Leader: Elizabeth Morrison
Meet online before live classical concerts to preview the music, share insights into the composers, and check out the musicians. Group meets on some Mondays and some Thursdays. See the concert calendar at humboldt.edu/olli/sig-concert
Fall: Through Nov. 28 • 6-7:30 p.m.
$15 • Class #: 43806
Annual: Through May 25, 2023
$35 • Class #: 43805
A Short Course on the UFO Phenomenon & Crop Circles

Jerry Kroth, Associate Professor Emeritus, Santa Clara University

Discuss the possibility that UFOs and extraterrestrials have visited Earth, and the impact on our understanding of the modern world. Each step of the way, evidence is sifted and debunkers are consulted. Review the commentary, sightings, actual material (like the Roswell Foil), and explore the controversial area of crop circles.

Thurs., Sept. 29-Oct. 27 • 3:30-5 p.m. • Online
$45 • Class #: 43983

Have Boomers Betrayed America?

David Marshak, Boomer

Bruce Gibney claims that Boomers have committed “generational plunder,” pillaging the nation’s economy, repeatedly cutting their own taxes, financing two wars with deficits, ignoring climate change, presiding over the death of America’s manufacturing core, and leaving future generations to clean up the mess they created. Is this true?

Tues., Nov. 1 & 8 • 10 a.m.-12 p.m. • Online
$20 • Class #: 43982

Understanding Unconscious Bias

Molly Cate, Humanitarian Educator

What is unconscious/implicit bias and how does it work? We’ll examine the history of this idea, explore ways it is spread, and discuss its relevance to several current social problems. You’ll also have opportunities to test your own biases by participating in ongoing research at Harvard. Prepare to be surprised!

Weds., Oct. 12-26 • 10 a.m.-12 p.m. • Online
$45 • Class #: 43984
Utilizing the Internet Safely: Protecting Your Personal Information
Meghan Gallagher, Area 1 Agency on Aging
Learn the ins and outs of how to protect your personal information online, and how to stay safe in cyberspace.
Thurs., Oct. 13 • 1:230 p.m.
In-person: On campus
$10 • Class #: 43985

Utilizing the Internet Safely: Banking & Financial Safety in Cyberspace
Meghan Gallagher, Area 1 Agency on Aging
Get an introduction to online banking and go over how to keep your financial information safe. All sessions will follow Senior Planet’s curriculum, and will be taught by a certified Senior Planet trainer.
Thurs., Dec. 8 • 1:230 p.m.
In-person: On campus
$10 • Class #: 43987

Utilizing the Internet Safely: Recognizing Fake News
Meghan Gallagher, Area 1 Agency on Aging
Get a helpful explanation for the increase in the use of the term “fake news,” as well as some tools to evaluate news sources. All sessions will follow Senior Planet’s curriculum, and will be taught by a certified Senior Planet trainer.
Thurs., Nov. 10 • 1:230 p.m.
In-person: On campus
$10 • Class #: 43986

Take Charge of Your Aging
Ann Lindsay & Maggie Kraft, Aging Experts
As we get older, facing health crises and end-of-life decisions become inevitable. This course will help you reflect on your priorities, map out your support network, and put plans in place. This class is based on the curriculum, Aging Solo, a national award-winning online learning opportunity designed to help you take charge of your aging.
Fri., Oct. 14-Nov. 18 (no class Nov. 11)
1:215 p.m. • Online
$25 • Class #: 43974
**FREE Online Conversations**
**FRIDAYS • 10-11 a.m. on Zoom**

These weekly sessions – which began early in the pandemic as a response to the isolation – have now grown to become a regular gathering of friendly and interesting people. Facilitated by Tracey Barnes-Priestley, this hour of conversation focuses on a new topic each week. We share meaningful stories, thought-provoking experiences, and often, plenty of laughter. Please join us!

Register once and use the same Zoom link each week.

See weekly topics and RSVP: [humboldt.edu/olli/letsconnect](humboldt.edu/olli/letsconnect)

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**Updates in the Treatments of Migraine**

Caroline Connor M.D., M.P.H., Physician & Headache Specialist

Delve into the differences of episodic versus chronic migraine, explore the migraine brain and learn about brand new treatments of migraines that have emerged in the last five years.

Thurs., Sept. 29 • 6-7:30 p.m. • Online
$30 • Class #: 43989

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**One Pot: The Simple, Elegant Cooking Solution**

Louisa Rogers, Instructor

One pot is all it takes for a fast, healthy, delicious meal. Learn how to create elegant non-meat dishes in 30 minutes tops from a self-taught cook. Get tips for how to design a user-friendly kitchen, what foods to have on hand, which tools to keep (and avoid!), and secrets for quick stews, soups, stir-fries and salads. Recipes included.

Wed., Sept 28 • 1-2:30 p.m. • Online
$30 • Class #: 43951
Parking on campus

If you’re an OLLI member and register for in-person classes held on campus, a Cal Poly Humboldt parking permit is included with your registration.

Watch your email for the course enrollment confirmation, which provides instructions and a parking code. You may pick up your permit before you park.

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Introduction to American Cane Flow

Richard Stull, Certified Advanced Instructor

Learn to develop the rhythmic skills of cane flow and spinning for fitness, balance, coordination, and brain health. Get basic foundational skills in using the cane with assertive commands for personal self-protection. Included is a high-quality cane designed for both spinning and self-protection.

Tues., Oct. 4-Nov. 1 • 4:45-5:30 p.m. • Online $139 • Class #: 43973

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Introduction to Tai Chi Chuan

Richard Stull, Instructor

Get an appreciation of how the slow, moving meditation of Tai Chi Chuan can become a daily practice for relaxation, centering, balance, and rhythmic self-renewal for mind and body health. You will be introduced to the first 18 postures of the Yang Style Short Form. Emphasis will be on relaxation, posture, breath, efficient movement mechanics, and rhythmic flow.

Mon., Oct. 3-31 • 4:45-5:30 p.m. • Online $40 • Class #: 43942

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Intro to Tai Chi Chuan, Part 2

Richard Stull, Instructor

Build on the practices learned in Introduction to Tai Chi Chuan. You will continue to learn the Yang Style Short Form postures 17-37, completing the Yang Style Short Form. Emphasis on relaxation, breath, efficient movement mechanics and footwork, and rhythmic flow. Prerequisite: Intro to Tai Chi Chuan.

Mon., Oct. 3-31 • 5:35-6:20 p.m. • Online $40 • Class #: 43943

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Parking on campus

If you’re an OLLI member and register for in-person classes held on campus, a Cal Poly Humboldt parking permit is included with your registration.

Watch your email for the course enrollment confirmation, which provides instructions and a parking code. You may pick up your permit before you park.
**Beginning Pickleball: Skills & Drills**

Jerry Saner, Instructor

Pickleball is a game that combines aspects of tennis, badminton, and ping-pong. The court is the size of a badminton court. The paddles look like large ping-pong paddles and the ball is a plastic whiffle ball. You will learn to drive, drop, dink, serve, rules, and keep score.

Option 1: Sun., Sept. 25-Oct. 23
10 a.m.-12 p.m. • In-person: On campus
$75 • Class #: 43963

Option 2: Sun., Oct. 30-Dec. 4 (no class Nov. 27)
10 a.m.-12 p.m. • In-person: On campus
$75 • Class #: 43964

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**Guided Self-Massage**

Carlisle Douglas, Massage Therapist

Could you use some tension relief and a nervous system reset? Start providing it for yourself! Learn and practice the principles and techniques of self-massage. By the end of this class, you will have given yourself a relaxation treatment, all while sitting clothed in a Zoom room.

Tues., Nov. 1 • 2-4 p.m. • Online
$20 • Class #: 43991

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**Intro to Pilates Foundations**

Summer Turner, Pilates Teacher

Whether your goals include building strength and flexibility, returning to an activity you enjoy, or continuing to recover from an injury or illness this class will give you an introduction to the foundation of Pilates.

Sat., Oct. 22 • 10 a.m.-12 p.m.
In-person: On campus
$30 • Class #: 43990
OLLI Recording Policy

OLLI Class Video Recordings

If you are pre-enrolled in an online class, you may have access to class video recordings. Recordings may only be available for up to two weeks following the class. Not all online classes will be recorded, and some class recordings may not be available due to unforeseen circumstances. In-person classes are not recorded.

Please note: When a link to a class recording becomes available, we ask that you do not share it with anyone, without consent of the instructor or the OLLI office.

- The class will be recorded.
- No class recording will be available.

Attend a free OLLI Zoom tutorial

Many OLLI classes and events are held online via Zoom, a web-based video meeting tool that allows users to meet online, with or without video. (Free accounts are available at zoom.us)

Before you attend an online presentation or class, you can attend a Zoom tutorial, where you can learn how to navigate Zoom, and test your audio and video. To attend a tutorial, e-mail olli@humboldt.edu.

Travel with OLLI

Study abroad with the Faculty-Led Summer Program from Cal Poly Humboldt. Summer 2023 dates and destinations will be available soon, and you will be able to apply to travel with OLLI Abroad. Destinations may include Spain, France, Costa Rica, and Belize, in two to 10 week-long programs.

If studying overseas is not in your plans, join the OLLI Travel Committee to discuss options from train travel through Canada to shorter ventures closer to home. Get more information at the OLLI Open House on Sept. 7, or email olli@humboldt.edu. Or prepare for your future travel by taking Spanish for Travelers, on page 12.
Spiritual Memoir
Sharon Ferrett, Educator, Author, & Small Business Owner

The most essential stories of our lives are spiritual stories — ones we long to tell, yet struggle to share and articulate. Class activities will help clarify and elicit stories and memories. You will come out with a story that is non-preachy, personal, and transformative. This class is for the secular, the agnostic and the believer.

Mon., Oct. 3-17 • 9-11 a.m. • Online
$15 • Class #: 43950

Death & Funeral Ritual & Ceremony: Personal Stories, Practical Guidance
Mary Ann Perry, Cemetery Sexton

We all have a longing and need for making meaning around death and funerals. This is a deeply personal and individual process — some feel supported by religious and spiritual traditions, others want to create something entirely out of the box. You will hear stories of what other families created, and have an opportunity to begin planning for yourself or a loved one.

Thurs., Dec. 1-15 • 10-11:15 a.m. • Online
$20 • Class #: 43949

Basic Tap Dance
Melissa Hinz, Dance Teacher

Learn how to make music with your feet. Enjoy the great benefits of tap dancing — including balance, rhythm, stronger brain-to-body connection, along with strengthening your feet, legs, and core. Tap shoes not required, but encouraged. Sessions held in the Sunny Brae Performing Arts Center for Education, Arcata.

Option 1: Fri., Sept. 23-Oct. 28
10:45-11:45 a.m.
$85 • Class #: 43947

Option 2: Fri., Nov. 4-Dec. 16 • 10:45-11:45 a.m.
(no class Nov. 11 & 25)
$75 • Class #: 43948

Acting Up: The Fundamentals of Acting
Julie Eccles-Benson, Actor

Have you ever wanted to act, but been afraid to try? Or do you simply want to improve your acting technique? If so, then this is the class for you. Up your confidence and your ability in this safe, playful environment as you use improvisation, text work, and your life experience to up your acting skills.

Wed., Oct. 5-Nov. 9 • 1-3 p.m.
Sunny Brae Performing Arts Center for Education
$90 • Class #: 43944
The Friends of OLLI are community members who have contributed a monetary gift to the Osher Lifelong Learning Institute at Cal Poly Humboldt. Friends of OLLI donations support the weekly Brown Bag Lunch Presentations and Let’s Connect gatherings, which are offered FREE to the community. This generous financial support also helps keep class fees low and provides scholarships for our members.

The vision for the future of OLLI is developed with OLLI members who lead through their work on the curriculum, and finance and fundraising committees. In the future, we hope to enhance OLLI at Humboldt in some new ways:

• OLLI at Humboldt looks forward to creating a Lifelong Learning Lab. Your donation will help develop a dedicated classroom space designed to inspire learning and create connections for a lifetime. This educational space will be designed to be inclusive and accessible, with an audio induction telecoil loop (T-loop) system and other technologies, to allow OLLI courses to be offered simultaneously in-person and online.

• OLLI hopes to create additional Lifelong Learning student assistant positions to provide employment to Cal Poly Humboldt students interested in supporting learning in our community. Student jobs are crucial to retention, making college more affordable, and fostering a sense of belonging at Cal Poly Humboldt.

OLLI at Humboldt is an endowed program of the Bernard Osher Foundation. OLLI at Humboldt operating funds come from interest on the Osher Foundation endowment; membership dues; class fees; donations; and gifts from OLLI members who value lifelong learning. OLLI receives no direct funding from Cal Poly Humboldt. The Osher Foundation has established 125 similar programs at colleges and universities throughout the U.S.

Become a Sustaining Friend

Save time and help support OLLI with your sustaining membership today. OLLI membership is an investment in lifelong learning, and creating the community in which we want to live. One-hundred percent of your membership fee goes directly to funding year-round classes and educational programs.

Sustaining Friends of OLLI contribute $15 or more per month. Sustaining Friends have the benefit of having their memberships automatically renewed each year. Sustaining donations are automatically charged monthly to a credit or debit card, and can be increased, decreased, or stopped at any time.

OLLI Scholarships

The OLLI Scholarship program is made possible by the generous support of the Friends of OLLI.

A limited number of partial scholarships for OLLI classes are available to OLLI at Humboldt members only. Scholarships may be used for class fees only, and not for OLLI memberships.

Awards are based on financial need. Limit is two scholarships per term, per member. Applications are reviewed on an ongoing basis.

To apply, complete a scholarship request form and indicate the class you are requesting. The form will serve as your registration form for the class.

For more information, contact OLLI Director Sheila Rocker Heppe: 707-826-3743 or e-mail: srh@humboldt.edu

Download a scholarship request form: humboldt.edu/olli/scholarship
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GIVE TODAY: [humboldt.edu/giving/olli](http://humboldt.edu/giving/olli)

Thank you to these Friends of OLLI who gave from July 2021 to August 2022, and OLLI faculty who donated their course fees back to OLLI. We apologize if we inadvertently omitted anyone.

See the updated Friends of OLLI list at [humboldt.edu/olli/friends](http://humboldt.edu/olli/friends)
Virtual Open House

Wednesday, Sept. 7
3:30-5 p.m.

- Get an update on what to expect in the fall.
- Meet OLLI staff, volunteers, and instructors.
- Virtually visit with other OLLI members.

See details and RSVP for this online event:

humboldt.edu/lli/openhouse

OLLI at Humboldt is self-supporting. This catalog is not printed or mailed at state expense.

If you want to be removed from the mailing list, go to humboldt.edu/extended/nomail